

TIP OF THE SWORD

July 23, 2004

Incirlik Air Base, Turkey



Standing tall

Police Week educates Incirlik community

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USAFE Airman Information File

July 2004

Air Expeditionary Force – Be Prepared

Six years ago the Air Force created Air Expeditionary Force packages to rapidly deploy air and space power anywhere in the world. The AEF concept has proven itself repeatedly during Operations ENDURING FREEDOM and IRAQI FREEDOM – improving predictability and stability while getting our Airmen to the fight.

Despite success with our Air and Space Expeditionary Force, two significant changes were needed to meet the demands of ongoing operations around the world. First, the new baseline deployment for the AEF increased from 90 to 120 days. This provides increased continuity to our deployed commanders who require the steady and stable expertise you bring to the fight.

The second change is to expand the number of Airmen available for AEF deployments. USAFE has already instituted measures to increase our available pool from 83% to 97%.

Today 1,176 USAFE Airmen are deployed in many different AORs from Afghanistan, to Iraq, to Africa while others are executing the fight from home. You are doing a great job and we thank you for your sacrifices. However, the work is not finished -- we must continue to press ahead!

Increased predictability and stability for our Airmen are key benefits of the AEF, but only if you take advantage of the time you have. Now is the time to prepare for your next AEF deployment:

Prepare your family. There are many things you can do ahead of time to make deployments less stressful on the family: get your finances in order and maintain up to date family records in a central location, to name a few.

Ensure your training is current. Know what training is required and complete it on time. The last thing you want to do on your way out the door is spend time accomplishing overdue training.

Maintain a high degree of physical fitness. It's tough to deploy and accomplish the mission if you're physically run down or even worse on the sidelines sick. Fit to fight are words to live by.

We are all expeditionary Airmen serving in the world's premier Air Force. AEF is more than a concept; it's our way of life. Be prepared and stay vigilant!

General Doc Foglesong

CMSgt Gary Coleman

"Bring Your Courage"

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On the cover:

39th Security Forces Squadron members participate in a National Police Week retreat July 16. See related photos, Page 3. (Photo by Airman Bradley Lail.)

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Incirlik youth receives award at Space Camp

Six boys and six girls from Incirlik Youth Center attended Space Camp Turkey from July 11 through Saturday in Izmir, Turkey.

During this week, 71 young people from Kazakhstan, Azerbaijan, Israel, Turkey and the United States got together to share their ideas and strategies for promoting friendship, peace and cooperation through a space education program.

The camp provided attendees with an opportunity to learn accurate and up-to-date information on space flight. Camp counselors, with various specializations, provided hands-on experience to campers during the week of activities.

Campers had the opportunity to construct and launch a one-stage rocket and a hot air balloon. Through the use of seven different simulators, campers also experienced some of what an astronaut feels during training.

The Space Camp curriculum and the working and living environ-

ment of the International Space Station was used as the basis for discussions and activities through which campers gained a better understanding of the dynamics of peace and friendship. Additionally, the camp sought to send campers home with a desire to improve life on earth through research, experimentation and exploration.

At the graduation ceremony, Blaze Wright, a 14-year-old from Incirlik, received the Best Student /Outstanding Leadership Award.

"I was honored to receive the award," said Blaze. "I learned a lot from Space Camp Turkey and I hope to use it for my future career."

The other Incirlik attendees were Asia Porcil, Shawn Rhea, Whitney Shoemaker, Gabriella Ford, Vina Freitas, Jordan Mirch-Holder, Monique Gemino, Jessica Herke, Alex Schuke, Micah Hayes and Joshua Hayes.

For information about next year's camp, call the youth center at 6-6670 or 6-3246. (Courtesy of the 39th Services Squadron.)



Photo by Senior Airman Dallas Edwards

National Police Week

Above: Staff Sgt. Jennifer Taylor, 39th Security Forces Squadron, helps Phillip Belle, 9, get his fingerprint recorded during the Child Identification Program at the base exchange July 16 in observance of National Police Week. **Right:** Members of the 39th SFS take down the flag during their retreat ceremony July 16 in front of wing headquarters. National Police Week is a time set aside to remember the contributions law enforcement officers make in society.



Photo by Airman Bradley Lail

Rules restrict political activity for DOD people

Two sets of rules help keep military out of partisan politics, ensure workplace remains politically neutral

By Donna Miles

American Forces Press Service

WASHINGTON – With election activity steadily picking up, defense officials remind servicemembers and Defense Department civilians they are subject to rules regulating involvement in political activities.

Gone are the days when the military posted troops at the polls after the Civil War, an act that Steve Epstein, director of the DOD's general counsel's standards of conduct office, said intimidated many Southerners into not voting.

Today, Mr. Epstein said two sets of rules help protect the integrity of the political process: a DOD directive for active-duty servicemembers and the Hatch Act for federal civilians. These rules keep the military out of partisan politics and ensure the workplace remains politically neutral.

That is not to imply they cannot participate in politics. Mr. Epstein said DOD encourages groups to register to vote, vote as they choose and urge others to vote. Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues — but only if they do not do so as representatives of the armed forces. Also, all federal employees can make contributions to political organizations or candidates.

Beyond that, the list of restrictions differs widely depending on whether the employee is an active-duty servicemember, a rank-and-file civil service employee, a political appointee or a member of the career senior executive service, Mr. Epstein said.

Of all DOD employees, uniformed servicemembers have the most restrictions regarding political activity, he explained. A 1993 revision to the Hatch Act freed most civil service employees to engage in political activities outside the workplace that were once forbidden, although many restrictions still apply.

For example, servicemembers as well as government civilians can attend political meetings or rallies. Servicemembers can attend only as spectators and not in uniform. They are not permitted to make public political speeches, serve in any official capacity in partisan groups, or participate in partisan political campaigns or conventions.

On the other hand, civilian employees governed by the Hatch Act may be active in and speak before political gatherings or serve as officers of political parties or partisan groups. They also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

Servicemembers generally are not permitted to campaign for a political office. Civilian employees are, as long as it is a nonpartisan election.

While the restrictions concerning political activity may vary, Mr. Epstein said the basic rules hold true for all DOD workers. They cannot use their position to influence or interfere with an election. And they can never engage in political activity on the job, in a government vehicle or while wearing an official uniform.

More details about restrictions on DOD military and civilian employees' political activities are posted on the DOD Web site at www.defenselink.mil.



Photo by Airman Bradley Lail

Home again

Jana Stamper holds her 5-year-old dog Shaggy as Army Spc. Chrishaundi Butler, 39th Services Squadron animal care specialist, uses an American Veterinary Identification Device scanner to see if the chip displays the right number for Shaggy. The Avid chip is a tiny microchip that contains a personal identification number distinguishing one pet from another. The chip is small enough to fit through a hypodermic needle and is injected under the skin of a pet where it remains for life. Pets are required to register with the Incirlik Veterinary Treatment Facility within 14 days of arrival to Incirlik. They also require the AVID chip. When inprocessing, bring proof of current rabies vaccination and proof of Avid or Home Again microchip. For more information or to make an appointment, call the clinic at 6-3119.



Photo by Staff Sgt. Elaine Aviles

Staff Sgt. Emilia Rodriguez, 39th Medical Squadron physical medicine element NCO in charge, helps Senior Airman Stephanie Martin, 39th Logistics Readiness Squadron fuels specialist, strengthen her calf muscles with a theraband during a physical therapy session Tuesday.

Physical therapy offers direct access for customers

By Staff Sgt. Elaine Aviles
39th Air Base Wing Public Affairs

People suffering from recent aches or pains now have a more direct route for medical care.

Instead of asking for a referral from a primary care manager, people over the age of 18 can make a direct appointment with the 39th Medical Squadron Physical Therapy department.

"This new procedure was put in effect to better serve our customers' needs," said Capt. Jeffery Frankart, 39th MDS physical therapist. "It reduces delays in care and keeps people 'fit for the fight.'"

Although physical therapy is open for direct access, people need to initially assess their injuries and pain to ensure they are pursuing the right option.

"If you injure yourself while running or during a sporting event and still have pain seven to 10 days later, then give us a call," Captain Frankart said. "However, if you have pain that you can't relate to a physical injury, call your doctor."

People should also call their doctor or the Immediate Care Clinic at 6-6666 if they can't move or put weight on the injured body part.

The most common injuries the physical therapy department deals with are knee and back injuries, but they also treat a variety of strains and sprains.

"Our new physical fitness standards are great, but a lot of people are injuring themselves by adhering to the 'no pain, no gain' way of thinking," Captain Frankart said. "If

you have pain, you shouldn't try to run through it or push harder. If your car's oil light turns on, you don't drive faster. You stop and assess what's wrong. The same thing goes for your body."

Once soft tissue is injured, it's weakened for life, Captain Frankart said.

"Scar tissue is 80 percent the strength of the original tissue," he said. "If you overload an old injury, the scar tissue will tear and you'll have recurring pain."

The best way to prevent injuries is to follow a few tips:

1. Exercise. People should have a steady exercise routine to keep fit and flexible.

2. Crosstrain. People should vary their exercise regime by trying different routines every day, such as swimming, elliptical trainer, running, walking and weight lifting.

3. Flexibility is key to longevity. If people don't stretch, they end up with limited range of motion and are more prone to tearing and pulling muscles. People can adequately stretch in about five minutes.

4. Think like an animal, not a human. If something hurts, don't work through it; it's an indication of damage.

"When animals are hurt, they don't try to fight through the pain. They rest the limb and gradually build up to putting more weight on it," Captain Frankart said. "Humans tend to feel pain and work harder."

People can schedule a physical therapy appointment by calling the central appointment line at 6-6173.



IN
BRIEF

Runway closure

The Incirlik runway is closed through Thursday. The vehicle operations office will provide inbound and outbound transportation support to Adana during the closure. Please submit a request two days prior to travel date and include number of passengers, names, flight number, arrival or departure time and travel date. For more information or to request support, call vehicle operations at 6-6756.

Incirlik Elementary School

The Incirlik Elementary School summer office hours are Mondays through Fridays from 9 a.m. to 2 p.m. The school office is closed Wednesday for training. For more information, call the school at 6-6449.

Overseas assignment listing

The Enlisted Quarterly Assignment Listing for November to January requirements is available to overseas returnees and continental United States mandatory movers, or Airmen facing mandatory reassignment. Airmen can work through their military personnel flight to update their preference by Thursday. They will be notified of their selection by mid-August.

EQUAL advertises upcoming assignment requirements by Air Force specialty and rank. Airmen should review, prioritize and update their assignment preferences based on the assignment list, Air Force Personnel Center officials said. People can view the lists at the MPF or online at the personnel center's Web site at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm/>. Airmen on temporary duty during the advertising period can contact the nearest personnel office for assistance.

Fraudulent online banking

The Web site www.ocnetonline.com claims to be an online banking site operated by the Office of the Comptroller of the Currency. The site is a fraudulent attempt to acquire personal information from users for the purpose of identity theft. For more information, call Tech. Sgt. Charles McQueen, 39th Air Base Wing Legal Office general law division NCO in charge, at 6-6800.



Tops in Blue

Tops in Blue performed for Incirlik July 16. The group is an all active-duty Air Force special unit made up of amateur performers selected for their entertainment abilities. Each year, thousands compete in base talent contests and the most talented move on to higher levels of competition. The result is a group composed of 35 of the most talented vocalists, musicians and dancers in the Air Force. Known as the Air Forces' Expeditionary Entertainers, the group's main mission is to perform for military personnel and their families throughout the world.



Photos by Airman Bradley Lail



ON
DECK

Photo by Senior Airman Dallas Edwards

Seniz Unalmis, instructor, leads a water aerobics class through a cardio routine. Classes are \$30 a month and are given at the base pool Mondays, Wednesdays and Fridays from 6 to 7 p.m.

Incirlik keeps fit, cool

Water aerobics class offers relief from heat

By Staff Sgt. Shanda De Anda
39th Air Base Wing Public Affairs

As the Incirlik community braves the summer heat to stay fit, Seniz and Deniz Unalmis, twin sisters, instruct water aerobics classes which help keep people cool while getting in shape.

"The weather is so hot, people prefer to exercise in the water," said Seniz. "A cardio workout in the water can also help you lose twice as much weight and burn twice as many calories because of the resistance the water provides."

According to a recent study from Boise State University, Idaho, as long as exercise is done at the same intensity in water as it is done on land, the heart and lungs receive as good a workout without the same amount of wear and tear on the body. Water that is waist to chest level supports about 50 to 75 percent of body weight. Despite its gentle cushioning, water also provides 12 times more density than air; this resistance in all directions can strengthen opposing muscle groups with just one exercise.

"Water aerobics helps make reaching the Air Force's fit for the fight goals more obtainable and sustainable," said Master Sgt. Roberta Williams, 39th Air Base Wing career assistance advisor. "Unlike with running and other exercises, I don't feel beat after water aerobics. The workout is challenging, but be-

cause it's done in the water I feel refreshed afterward."

Water aerobics classes offer a demanding workout for all fitness levels. Waist, ankle and hand weights can also be used in addition to the water's natural resistance.

"Classes are a great cardio exercise that work the abs and provide a total body workout," Seniz said.

Although classes are held in the pool, it is not necessary to know how to swim to participate and reap the benefits of this all-over workout.

"This class is for everyone, even if you are afraid of water. During the class you stand in the water and can stay in the shallow end if you feel more comfortable there," said Angela Mirich-Holder, 39th Services Squadron Child Development Center director. "Water aerobics also gives me a great workout without being strenuous on my joints, so even if you have knee, hip or other joint pain you can do this. The water just makes you feel so much better."

"Water aerobics is awesome and everyone needs to do it," Sergeant Williams said. "I feel so relieved and refreshed after each workout, especially after a long day at work."

Classes are \$30 a month and are given at the base pool Mondays, Wednesdays and Fridays from 6 to 7 p.m. For more information or to enroll visit, or call outdoor recreation at 6-6044.

Water aerobics — Water aerobics classes are offered Mondays, Wednesdays and Fridays from 6 to 7 p.m. Cost is \$30 per month. For more information, call 6-6044.

Lap swim — Early morning lap swim is Mondays through Fridays from 6 to 7 a.m. at the base pool. For more information, call 6-3442.

Skeet and trap shooting — Outdoor recreation offers skeet and trap shooting Tuesdays through Fridays by appointment. Open shooting begins Saturdays at 9 a.m. Cost is \$10, and includes shells and clays. For more information, call 6-6044.

Combat Hapkido — The fitness center sponsors Combat Hapkido Mondays and Wednesdays at 7:45 p.m. and Fridays at 6:30 p.m. For more information, call 6-6086.

Scuba course — Outdoor recreation offers a scuba course, which includes training and Professional Association of Diving Instructors certification. Water training is provided in an indoor pool, plus four open water dives in Kizkalesi. Cost is \$250. For more information, call Yasar Karalar, scuba instructor, at 6-6044 or e-mail incirlikdiving@yahoo.com.

Trotters and Striders Club — Keep a fitness center record of the miles walked or ran and qualify to win prizes. For more information, call 6-6086.

Massage therapy — The fitness center has two licensed massage therapists on staff. People can schedule an appointment Mondays through Sundays between 10 a.m. and 8 p.m. For more information, call 6-6086.

Extreme Summer points — People can earn Extreme Summer points by submitting a FitPoints report. The report is at the FitLinxx Web site at www.incirlik.fitlinxx.com under "Workouts." For more information, call the fitness center at 6-6086.

COMMANDER'S COMMENTS



By Col. Michael Gardiner, 39th Air Base Wing commander

Sijan award nominees

I have great pleasure in announcing Team Incirlik's nominees for the Lance P. Sijan U.S. Air Force Leadership Award. This prestigious award recognizes those who provided outstanding leadership and motivation in the workplace while also being pillars of the Incirlik community.

- ♦ Field grade officer: **Lt. Col. Jeffrey Linskens**, previous 39th Services Squadron commander and current 425th Air Base Squadron commander

- ♦ Company grade officer: **2nd Lt. Vincent Politte**, 39th Maintenance Squadron

- ♦ Senior NCO: **Senior Master Sgt. Randy Follensbee**, 39th MXS

- ♦ Junior enlisted: **Master Sgt. Julian Kaelin**, 425th ABS

Please congratulate our nominees when you see them and wish them luck at the U.S. Air Forces in Europe and Air Force boards.

NCO academy

Congratulations to the recent graduates of the NCO Academy. **Master Sgt. Rayniero Saavedra**, 39th Mission Support Squadron, received the Distinguished Graduate award. Also graduating were Tech. Sgts. **Shannon Carter**, 39th MSS; **Lillian Allshouse**, 39th MSS; **Christopher Vansile**, 39th Civil Engineer Squadron; **Ronald Younglove**, 39th CES; **Randal Halstead**, 39th CES; **Shalanda Sivils**, 39th Communications Squadron; and **Teresa Fish**, 39th Logistics Readiness Squadron. Congratulations to all.

Cross into the blue

Uniform survey ushers new chapter in AF storybook

By Capt. Jason Medina

Air Force Public Affairs National Media Outreach Office

NEW YORK – Future Air Force historians could easily label 2004 as the Year of Decision.

We have taken this year by the horns and renewed our vows to physical fitness, paved a road toward transformation, and set aggressive force-shaping goals to get back to our "fighting weight," and we continue to make tough choices about what America's Air Force will look like in the future.

Enter the proposed new utility uniform. For the past year, more than 620 Airmen at 30-plus locations have been experimenting with a replacement to our battle dress uniform.

A popular, though unlikely, alternative would have been to authorize "any black un-

dershirt" and make the so-called "blouse" optional within the workplace. This ensemble, though fashionable, would be hardly standardized and it certainly wouldn't be distinguished.

Airmen deserve an Air Force-unique uniform. I still cringe at having to list the nuanced differences between Air Force- and Army-style BDUs to curious bystanders, and I look forward to a new uniform that all Airmen, whether in a military personnel flight or a munitions maintenance shop, wear with pride every day.

Currently, our senior leaders are soliciting our feedback through an online survey, the results of which will help determine the next Air Force "look." Since we generally don't get to cast votes for Air Force policy, it is notable that we're being asked to provide input into what we wear to work every day. And it

Below the zone

I would like to congratulate all the nominees that competed last month for the senior airman below the zone board. The competition was very stiff, but the 39th Air Base Wing's winner is **Airman 1st Class Jason Wallis**, 39th Medical Squadron. Please congratulate Jason when you see him.

Kudos

Congratulations to **Master Sgt. Shelina Frey**, 39th Operations Squadron, who recently won the Altus Tendo Award at the Coast Guard's Chief Petty Officer Academy. The award is similar to the combination of the Levitow and Academic Awards in the Air Force PME system.

Customer College

The objective of the Customer College program is to deliver the training, resources, tools and initial skills required for customer service professionals to provide comprehensive care that exceeds customer expectations. My thanks to all those involved in the program. Let's all work to kick customer service up a notch or two.

Congratulations to the following Customer College distinguished graduates: **Tech. Sgt. Kimberly Latimer**, 39th CES; **Dana Hodges**, 39th LRS; and **Denise Brown**, 39th MDS.

Coupons at the commissary

The commissary recently upgraded their computer systems to allow automatic comparison of coupons presented against actual products purchased. The new system eliminates the need for the cashier to visually match the coupon to the product. For faster coupon shopping, sort coupons carefully before shopping, check for expiration dates, make sure you buy exactly what is offered on the coupon and present coupons to the cashier at the beginning of transaction.

Force Protection

It is time to review our force protection condition checklists. We can never become complacent in executing our force protection measures. Look at each action and make sure your unit is in compliance. Stay vigilant, stay alert, report suspicious activity and remember ... your life depends on it.

is a decision we shouldn't take lightly, because the stakes are high.

A uniform tells a story: Bright orange jumpsuits will forever identify the incarcerated, tuxedos identify the celebrated and square, tasseled caps are reserved for the educated.

For almost 57 years of aiming high and crossing into the blue, Air Force utility uniforms have identified us predominantly by our Army-based heritage.

It is time to write the next chapter of the Air Force Story, and our inputs are important in the decision-making process. Let's do our part and complete the online survey (www.uniforms.hq.af.mil/finish.cfm) to help ensure our new utility uniform identifies us not by where we came from, but for where the Air Force is going.

Our future identity depends on it.



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Question: Mehmet, when I was in Adana last month, I saw Turkish carpets hanging over apartment building balconies. A Turkish friend told me those carpets were washed. How can we wash Turkish carpets and kilims?

Response: Late spring is the season to remove carpets from the floors in Adana and store them away until winter. As you know, Adana becomes quite hot in summer and wool carpets add more heat to the house if left on the floors.

Before moving carpets and storing them all summer long, they are cleaned.

Washing carpets is not a common practice unless a carpet is very dirty. Normally, Turkish women vacuum carpets first, then wipe them with a rag soaked in soap foam. Then they wipe again with another rag soaked in clean fresh water. Naturally, the carpet gets a little wet. In order to dry, carpets are hung over balconies.

Before rolling up and putting them away for several months, moth powder is spread between the rolls.

Many military members assigned to Turkey purchase several Turkish carpets.

Hand-made Turkish carpets are products of months of labor and, in some cases, an investment for the buyer that will retain its value as years pass.

Carpets are woven on the looms by knotting wool or silk on cotton or wool threads. As well as the design and quality of the material used, the value of a carpet depends on the number of knots it has in one square centimeter.

Kilims are flat woven carpets with very interesting designs as well.

Those valuable carpets and kilims need special care. The wool pile attracts dust and dirt, and regular cleaning is required to keep them bright and attractive.

The colors of machine-made carpets are more stable than handmade and kilims. Most of the dark colors — particularly red, blue and green — have a tendency to run when the carpet is washed. Here are some tips to keep in mind while washing a Turk-



Photo by Staff Sgt. Elaine Aviles

Rabiye Yikilmaz, a Turkish babysitter, scrubs a carpet before storing it for the summer.

ish carpet or kilim

- ◆ Don't wash carpets or kilims in washing machines of any kind.

- ◆ Vacuum the carpet well before cleaning. Holding it upside-down and shaking it serves the same purpose. Hanging and beating the carpet is not good. Some people turn the carpets upside down and use it that way for a while causing dust and dirt in the wool pile to fall on the floor.

- ◆ Spread the carpet out on a wooden rack. A flat, clean concrete surface serves the same purpose.

- ◆ Use cold water only to wet it.

- ◆ Rub the carpet with a soft brush soaked in carpet shampoo or soap specially designed for wool. Cold-water soap could be used for machine-made carpets.

- ◆ Rinse the carpet well with lots of cold water.

- ◆ Leave it in the sun to dry.

- ◆ Never hang the carpet to dry. Spread it out.

Another useful thing to keep in mind is if something spills on the carpet, make sure to dry it immediately. Dry the surface and the bottom side. A hair dryer may be used to dry damp carpets.

I recommend you roll carpets rather than fold them when you want to store them for a while. Kilims can be folded though.

Carpets should be rolled with moth

balls, wrapped in a piece of cloth and stored in a dry place. Moth balls should be used with kilims too.

Following those few simple rules can keep your carpets clean and looking good for years to come.

In Turkish

hali - carpet
(hah-leh)

yun - wool
(yuen)

sabun - soap
(sah-boon)

kirli - dirty
(kheer-lee)

temiz - clean
(teh-meez)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

THE INCIRLIK GUIDE

Today

Sewing class — The skills development center sponsors a sewing class from 5:30 to 7:30 p.m. Students complete a quilted tote bag. Bring a sewing machine if able. All materials included. Cost is \$15. To register, call 6-3858.

Children's story hour — The library sponsors a weekly children's story hour from 10:30 to 11:30 a.m. For more information, call 6-6759.

Saturday

Framing course — The skills development center offers instructional framing courses at 10:30 a.m. Cost is \$25 plus materials. Participants should bring an 8-by-10 inch artwork or photo. For more information, call 6-3858.

Scrapbooking club — The skills development center offers a scrapbooking club from 12 to 4 p.m. The center also seeks a scrapbooking instructor. For more information, call 6-3858.

Upcoming

Mini triathlon — The Country Plains Riding Club and the physical therapy flight is sponsoring a mini triathlon July 31 at 7 a.m. starting at the base pool. The triathlon consists of a 400-meter swim, 7.6-mile bike ride and a 2.2-mile run. Cost is \$10 for individuals and \$25 for groups of three. For more information or to register, call Angela Hill at 6-2153 or Dawn Welton at 6-5234.

WIC overseas summer schedule — Women, Infant and Children overseas opens for the summer from 8 a.m. to 4:30 p.m. beginning August 9. For more information, call Staci Crawford at 6-1237.

Movie of the month — The com-

munity center is showing "Against the Ropes" July 30 at 6 p.m. The event is free. For more information, call 6-6966.

Ongoing

Conversational English — The community center is sponsoring conversational English Tuesdays and Thursdays from 6 to 8 p.m. For more information, call the community center at 6-6966.

Conversational Turkish — The community center is sponsoring conversational Turkish Mondays and Wednesdays from 6 to 8 p.m. For more information, call the community center at 6-6966.

Belly dancing class — The community center is sponsoring belly dancing classes Tuesdays from 5:30 to 6:30 p.m. Cost is \$20 a month. For more information, call the community center at 6-6966.

CTC degree evaluation — The Central Texas College offers evaluations for students who have completed six semester hours with CTC. An evaluation can award college credits for military training and experience and an evaluator will explain how transfer credits will fit into a CTC degree plan. For more information, call Mine Smith at 6-6046 or visit www.ctc-europe.com.

CTC class offerings — The Central Texas College will offer associates in applied science in the following degrees if there are enough interested students: applied management/military science, automotive mechanic, criminal justice, early childhood development, emergency medical technician, food service management and legal assistant. For more information, call Mine Smith at 6-6046.

ITT hours — Information, Ticket and Tours is located in the club complex. Their hours are Tuesdays through Saturdays from 9:30 a.m. to 8 p.m. and Sundays from 9:30 a.m. to 2 p.m. For more information, call 6-6049.

Participate in Extreme Summer, win prizes — Earn points for participating in events and programs at base facilities for chances to win \$150,000 in prizes at www.extremesummer.com. For more information, call Jean Best-Richardson at 6-8411.

Summer Sunday breakfast — Ala carte breakfast will be served at the club instead of brunch during the summer months from 9:30 a.m. to 1:30 p.m. For more information, call the club at 6-6010.

Pet adoption — The stray animal

facility is open Saturdays from 9 to 10 a.m. for pet adoptions and donations. For more information, call Staff Sgt. Caroline Wood at 6-6072 or Staff Sgt. Adena Eberhardt at 6-1164.

Base pool — Open swim hours are Mondays, Wednesdays and Fridays from 1 to 6 p.m., Tuesdays and Thursdays from 1 to 8 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. Lap swim hours are Mondays through Thursdays from 6 to 7 a.m. and from 11 a.m. to 1 p.m. Pool passes are on sale at outdoor recreation. For more information, call 6-6044.

COMBAT & SPECIAL INTEREST PROGRAMS

Sunday

RCIA team meets — The Rite of Christian Initiation of Adults team meets at 6:30 p.m. in the chapel conference room. New members are welcome. For more information, call Fermin Gonzaga at 6-4660.

Youth meeting — The Catholic Youth of the Chapel meets at 5:30 p.m. at the bowling alley. For more information, call Master Sgt. Larry Schneck at 6-5747.

Monday

Library book club — The library book club is reading "Nighttime is My Time" by Mary Higgins Clark. The discussion is at 7 p.m. For more information, call the library at 6-6759.

CWOC meets — The Catholic Women of the Chapel meets at 5:30 p.m. in the chapel. For more information, call 6-6441.

Tuesday

CMOC meeting — The

Catholic Men of the Chapel meets at 7 p.m. at the chapel annex. For more information, call 6-6441.

Ongoing

Receive free welcome gift at the library — Children new to Incirlik can join the library and receive a newcomer's gift bag. For more information, call the library at 6-6759.

Combat Care car care — While military members are deployed, spouses are entitled to free minor maintenance. For more information, call Master Sgt. Alicinne Peebles at 6-6755.

Girl Scouts — The Girl Scouts need volunteers to fill positions of secretary, treasurer, events coordinator, troop leaders, troop consultants, hut manager, public relations coordinator, recruiter and troop organizer. For more information or to volunteer, call April Rogers at 6-5748, 6-6321 or 0535-214-8514.

WARRIOR OF THE WEEK



Senior Airman Tianna Milagro,
39th Air Base Wing Chapel
program support manager

Time in service: Five years
Time on station: More than two months
Hometown: Tampa, Fla.
Hobbies: Reading and shopping
Why did you join the Air Force? To travel

and go to school
What do you like most about Incirlik? The people
How do you contribute to the air base wing's mission? By supporting the chaplain service mission which is to provide free exercise of religion within the Air Force.
What's your favorite motto and why? Do unto others as you would have them do unto you because everyone should be treated fairly and with respect.
What Air Force core value best describes you and why? Integrity first because without integrity you are nothing.
Supervisor's quote: "Senior Airman Milagro has really stepped up to the plate and made a world of difference in our office," said Tech. Sgt. John Casterline, chapel NCO in charge. "Her personality, professionalism and can-do attitude is very much appreciated."

YOUR TURN

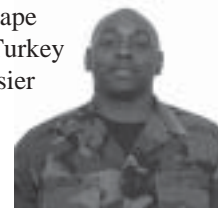


To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

What motivates you to achieve your exercise goals during unit fitness runs?

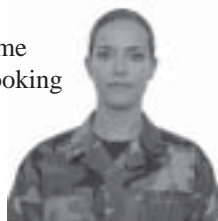
"I set a body fat goal and strive to achieve it. Plus, being in shape helps to keep the dreaded Turkey Trots away and makes it easier to adjust to your environment."

— **Staff Sgt. William Collier, 39th Communications Squadron**



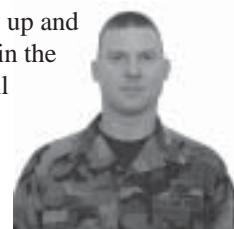
"I want to improve my time and score, and of course, looking better is a good motivation tool."

— **2nd Lt. Megan Best, 39th Services Squadron**



"I think about building up and increasing my endurance in the heat to prepare for football season."

— **Tech. Sgt. William Gibbs, 39th Communications Squadron**



"I know I can condition myself to do better than my last run time, even if by a second. If you're not moving forward, you're not doing what you need to do."

— **Airman 1st Class Jason Armstrong, American Forces Network – Incirlik**



"I try to do my best, because I'm a unit fitness monitor and I want to set a good example."

— **Senior Airman Christie Cowart, 39th Medical Squadron**



CLASSIFIEDS

Yard sale: Falcon Housing (4148A) Saturday from 7 a.m. to 1 p.m.

Lost: Gold men's link bracelet lost July 7 at the fitness center. Reward if returned. For more information, call 6-5989 or 0532-233-6924.

For sale: Sony DSC-717, 5.0 megapixel digital camera, eight months old, Carl Zeiss lens, 5x zoom, MPEG HQ. Asking \$675 OBO. For more information, call John at 6-3110 (days) and 6-5466 (nights and weekends.)

For sale: 110V transformer, bought new from base exchange furniture store, asking \$75. For more information, call Tech. Sgt. Michelle Bloxson at 6-8742 (days) and 6-2095 (nights).

For sale: 1987 Toyota Hilux J-spec P/U, 103K KM, air conditioned, pioneer CD, rancho shocks, BG Goodwrench MT/KM tires, great condition, \$2,500 OBO. For more information, call Mark at 6-5536.

For sale: Motorola T250 cell phone with original box and accessories plus sim card, \$180. For more information, call 6-5489.

For sale: Queen-size, four-poster bed with mattress, excellent condition, paid \$950, asking only \$500 with mattress. For more information, call Tech. Sgt. Kimberly Higgins at 6-6611 (days) or 6-5444 (nights).

For sale: One 25-inch color TV, \$25 OBO. Two 19-inch color TVs, \$10 each. For more information, call Ryan Parslow at work at 6-3213 or 0533-216-6906.

For sale: MZ 301 motorcycle, good condition, black, asking only \$675. Not a beyanname item. For more information, call Herb or Mandy at 6-5150 or 0-537-747-7804.

For sale: 1992 Yamaha Zeal 250cc. Excellent condition, \$1,800 OBO. For more information, call Rey at 6-2633 or 0-536-948-3023.

For sale: 1999 Ford F-150 Super Cab short bed pick-up truck, four doors, V8 5.4L, automatic, two-wheel drive, 29,000 miles, lariat, loaded, excellent condition, \$15,000. For more information, call John Beeman at 6-5487, 6-8815 or e-mail at john_beeman2002@yahoo.com.

Project Wizard, a U.S. Air Forces in Europe special interest program, focuses on the opportunities to study and explore through libraries. For more information about the program or upcoming events, call the library at 6-6759.





Photo by Senior Airman James Seymore III

Madden Challenge

Senior Airman Roosevelt Whitfield III (left), 39th Communications Squadron postal specialist, destroys his opponent Mike Hutchinson 31-7 in the Madden Challenge championship game at the community center Saturday. The cost to enter is \$10 and winner takes the cash. For more information or to set up a tournament, call the community center at 6-6966.



AT THE MOVIES

At the Oasis

Today

13 Going on 30 (PG-13) — Starring Jennifer Garner and Mark Ruffalo. Jenna makes a



wish to be all grown up and have the life she is always wanted. Miraculously, her wish comes true. The next day, she is 30 years old instead of 13. She is a gorgeous successful woman with a great job and a fabulous apartment. Jenna soon learns that having it all is not enough. Showing at 7 p.m. (97 minutes)

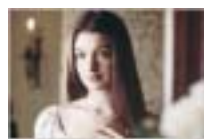
The Day After Tomorrow (PG-13) — Starring Dennis Quaid and Jake Gyllenhaal. A climatological disaster ravages the world beyond recognition. As millions of terrified survivors flee the south, Professor Adrian Hall



heads to New York City, now a frozen wasteland, in search of his son Sam who may still be alive. Showing at 9 p.m. (124 minutes)

Saturday

Ella Enchanted (PG) — Starring Anne Hathaway and Hugh Dancy. Ella of Frell was born with the gift of absolute obedience given by a magical fairy godmother. But when her inability to disobey orders threatens to keep her away from her true love, Prince Charmont, she sets out on a journey to rid herself of the curse. Showing at 5 p.m. (95 minutes)



The Day After Tomorrow (PG-13) — Starring Dennis Quaid and Jake Gyllenhaal. Showing at 7 p.m. (124 minutes)

Sunday

Walking Tall (PG-13) — Starring Dwayne "The Rock" Johnson and Johnny Knoxville. After returning from serving his country overseas, Chris finds his high



school rival, Jay, has infested his hometown with drugs and crime. With the help of his pal, Ray, Chris gets elected sheriff and shuts down Jay's operations. His actions endanger his family and threaten his own life, but Chris refuses to back down. Showing at 7 p.m. (85 minutes)

Thursday

Envy (PG-13) — Starring Ben Stiller and Jack Black. When a hapless schmo becomes rich after selling an invention called Vapoorize, which causes dog waste to vanish instantly, his longtime friend and neighbor is driven insane with envy and proceeds to wage war on him. Showing at 7 p.m. (99 minutes)

At the M1

Spiderman 2 (PG-13) — 12 p.m., 3 p.m., 6:45 p.m. and 9:30 p.m. (128 minutes)

Twisted (R) — 1:15 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m. and 9:30 p.m. (97 minutes)

Rodger Dodger (R) — 1:30 p.m., 4:45 p.m., 6:30 p.m. and 9:15 p.m. (104 minutes)

Mambo Italiano (R) — 12:30 p.m., 4 p.m., 7 p.m., and 9:15 p.m. (100 minutes)

Dawn of the Dead (R) — 12:15 p.m., 2:15 p.m., 4:30 p.m., 7:15 p.m., 9:15 p.m., and 11:30 p.m. (100 minutes)

For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.

The provision of movie information does not constitute an endorsement by the 39th Air Base Wing, U.S. government, Department of Defense or Department of the U.S. Air Force. For more information, call the theater at 6-6986.